

Hospitality Present Food



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Presenting Food Attractively

Food doesn't only have to taste good and be safe to eat. After being prepared, food should be efficiently and professionally presented. This makes it look good as well.

The look of food is an important part of the eating experience. Food that is well-presented looks like it will taste good. It should have eye appeal and be served at the right temperature.

The Right Crockery

The crockery used for a dish should be carefully chosen. Different course are usually served on a set plate or bowl. The crockery used will depend on the type of hospitality establishment. For example in a hospital soup will be served in a bowl while in a restaurant the bowl may be placed on a plate with a decorative doily underneath.

The Right Temperature

Food must be served at the right temperature. For example if it is meant to be hot it should be served hot, not warm.

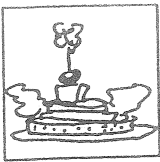
Eye Appeal

The way that it is put on plates or in bowls should be attractive. The use of garnishes and sauces will help make food look attractive.

The arrangement of the food on the plate, the selection and placement of sauces, garnishes and the selection of crockery all help to make a finished picture. The arrangement of these will be attractive if colour and contrast are used well. For example the colour of a garnish should make a contrast (be different) to the food.

Traditional Arrangements

Some dishes have a traditional garnishes and sauces which are always used.



ACTIVITY

Presenting Food Attractively

- 1) Use the words from the box below to complete the sentences about presenting food attractively.

prepared	well-presented	look	efficiently	good
part	temperature	eye	taste	safe

Food doesn't only have to _____ good and be _____ to eat.

After being, _____ food should be _____ and professionally

presented. This makes it _____ good as well.

The look of food is an important _____ of the eating experience.

Food that is _____ looks like it will taste _____. It should

have _____ appeal and be served at the right _____.

- 2) Name two effects of not serving food at the correct temperature.

a) _____

b) _____

- 3) Why is eye appeal important when presenting food to customers?

- 4) Jahal had run out of clean small plates. He set the table with entrée sized plate for bread and butter plates. When it was time to begin serving customers the chef got cross when he started running out of entrée plates.

a) What could Jahal have done to avoid making the chef cross?

b) What would a customer think when seeing the larger plate used as a bread plate?

Courses

A meal may be made up of up to 6 'courses'. A course is the word used for part of a meal. Courses usually follow a set order and use similar types of crockery and cutlery. The course name may be in English or another language depending on the style of restaurant or the country of origin of a dish.

For example soup is served in a bowl with a soup spoon. The bowl may be sitting on a plate.

Course	Description	Crockery/cutlery	Examples
Appetisers Hors d'Oeuvres Canapés, Savouries	Food served in bite-sized servings. Can be hot or cold using any ingredient. Some traditional arrangements eg, canapés have a bread base.	Small plate if served individually or larger plate if serving a selection to a table or group. Usually no cutlery.	Bruschetta Guacamole dip Chicken liver terrine Savoury pancakes
Soup	Soups can be hot or cold; thick, thin or chunky; have meat, seafood, vegetables, pasta or rice.	Bowl, soup spoon. (Bowl may be placed on an entrée or dinner sized plate.)	Tomato Soup Spring Vegetable soup Onion Soup au Gratin Chilled Avocado soup
Entrée	These are small portions of a dish. Can be hot or cold and made from any ingredients.	Entrée plate or bowl. (Bowl/plate may be placed on a dinner sized plate.) Entrée knife and fork.	Prawn and Mango salad Pate Maison Caesar salad
Main Course	Larger portion of food. Usually balance between meat/seafood and pasta/ vegetables/ rice noodles etc.	Large dinner plate or large bowl depending on dish. Large knife and fork.	Chicken Salad Steak Diane Gigot d'Agneau en Croûte (leg of lamb in pastry) Paella Beef Cow Mein
Dessert	Sweet dish that may be hot or cold.	Bowl or plate. Spoon and fork.	Peach Melba Mango Pancakes
Cheese	Cheese and some type of bread or biscuit May also have fruit/nuts.	Plate. Knife.	Cheese Platter Cheese and Fruit platter



ACTIVITY

Courses

1) The following courses are mixed up, put them in the right order.

a) Coffee 1) _____

Main course 2) _____

Soup 3) _____

b) Entrée 1) _____

Dessert 2) _____

Soup 3) _____

c) Cheese 1) _____

Dessert 2) _____

Main Meal 3) _____

Soup 4) _____

d) Main meal 1) _____

Appetiser 2) _____

Dessert 3) _____

Entrée 4) _____

2) Find out some names of other examples of the following courses.

a) Appetisers

b) Soups

c) Entrées

d) Main meals

e) Desserts

Menu Planning

The head chef or restaurant manager is responsible for the menu and needs to consider:

- the needs of the customer
- production factors
- gastronomical factors
- economic factors
- nutritional factors.



The Needs of the Customer

The needs of the customer will help influence the style and type of food on the menu. The customer's needs might relate to:

- nutritional value
- religion
- price
- expectation of quality.

Production Factors

Production factors are the things that affect the making of the food. These factors include:

- season
- type of kitchen and equipment
- skills of kitchen and serving staff
- pricing policy
- food cost
- number of menu items.

Gastronomical Factors

Gastronomical factors are about what makes good eating. Listed below are some examples of gastronomical factors.

- Food should look good; not too colourful or too dull. For example, fish and white sauce with mashed potato and cauliflower would be too dull.
- Do not repeat flavours throughout the menu, e.g. curried pumpkin soup, then curried chicken.
- Have contrasting textures. For example, use crisp and soft food together.
- Have varying size and shape of food.
- Use the freshest goods available.
- Make use of seasonally available goods. The menu should also reflect the season, with more cool food in summer and hot heavier food in winter.

Economic Factors

It is important to be able to produce an appetising meal and make a profit. A successful restaurant has a well organised kitchen. Standardised recipes, portion control and menu pricing will help achieve this.

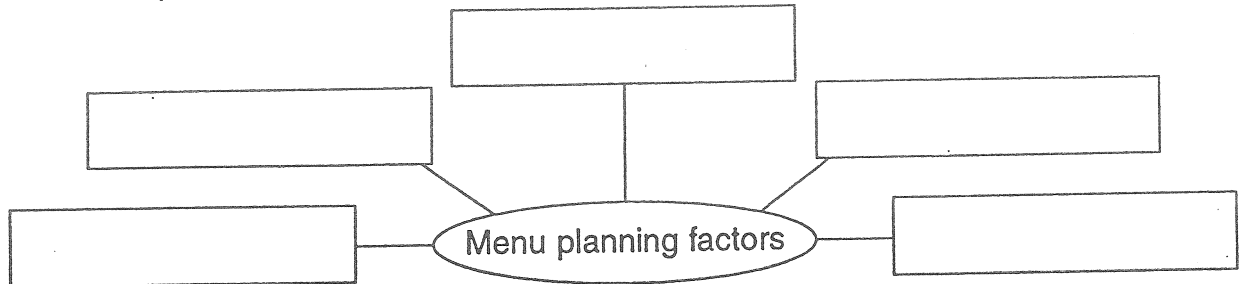
Nutritional Factors

Most people want nutritious food. The trend is towards meals that are low in cholesterol and many restaurants offer healthier alternatives in the menu.



Menu Planning

- 1) Make a mind map to show the factors that need to be considered in menu planning.



- 2) What are production factors?

Production factors are

- 3) Put the following under the correct heading.

- skills of kitchen and serving staff
- expectation of the customer
- number of menu items
- price
- pricing policy
- season
- type of kitchen and equipment
- religion
- food cost
- nutritional value

The needs of the customer	Production factors

4) Complete the sentences below about gastronomical factors.

- a) Food should look g_____.
- b) Don't repeat f_____ in the menu.
- c) Have a contrast in t_____.
- d) Different s_____ and s_____ give variety.
- e) Vary the l_____ to give an appetising meal.
- f) Use food in s_____ where possible.

5) Use the following words to complete the sentences about economic factors.

run	profit	portion	appetising
-----	--------	---------	------------

- Have a well r_____ kitchen.
- Produce an a_____ meal.
- Make a p_____.
- Use standardised recipes, _____ control and menu pricing.

6) Use the following words to complete the sentences about nutritional factors.

nutritious	cholesterol	healthy
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- People want n_____ food.
- Meals should be offered that are low in c_____.
- Many restaurants cook a range of h_____ meals.

The Menu

The style of menu in an establishment will reflect the occasion, style of service, customer profile, season and hours of business.

There are 4 types of menus:

- à la carte
- table d'hôte
- function
- cyclic.

À la carte menu – the dishes are listed and individually priced. The customer selects their meals. The menu is set out in sections.

Table d'hôte menu – a set menu of two or three dishes with a set price. This is often cheaper as there is less food waste.

Cyclic menu – rotating menu suited to institutional catering, eg. hospitals, prisons, airlines.

Function menu – for a special occasion such as a wedding or party. It is similar to table d'hôte, but offers little or no choice.



Examples of Menus

Cyclic Menu for Hospital

Breakfast Surname _____ <input type="checkbox"/> Apricot Nectar <input type="checkbox"/> Pineapple pieces <input type="checkbox"/> Rolled oats <input type="checkbox"/> Cornflakes <input type="checkbox"/> Weeties <input type="checkbox"/> All Bran <input type="checkbox"/> Natural Bran <input type="checkbox"/> Muesli <input type="checkbox"/> Natural Yoghurt Milk: <input type="checkbox"/> Hot <input type="checkbox"/> Cold	Thursday Ward _____ <input type="checkbox"/> Eggs <input type="checkbox"/> Poached <input type="checkbox"/> Boiled <input type="checkbox"/> Scrambled <input type="checkbox"/> 1 or <input type="checkbox"/> 2 <input type="checkbox"/> Grilled bacon <input type="checkbox"/> Grilled tomato <input type="checkbox"/> Spaghetti on toast <input type="checkbox"/> Marmalade <input type="checkbox"/> W Tea <input type="checkbox"/> W Coffee <input type="checkbox"/> B <input type="checkbox"/> B	W2 Room _____ <input type="checkbox"/> Toast or <input type="checkbox"/> 1 <input type="checkbox"/> 1 1/2 <input type="checkbox"/> Bread <input type="checkbox"/> 1 <input type="checkbox"/> 1 1/2 <input type="checkbox"/> Bread roll <input type="checkbox"/> W/Meal <input type="checkbox"/> White <input type="checkbox"/> Butter or <input type="checkbox"/> Marg <input type="checkbox"/> Vegemite <input type="checkbox"/> Honey <input type="checkbox"/> Jam <input type="checkbox"/> Sugar
Morning Tea Surname _____ Ward _____ Room _____ <input type="checkbox"/> Scones <input type="checkbox"/> Biscuits <input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Milk <input type="checkbox"/> Raw Fruit <input type="checkbox"/> Sugar		
Lunch Surname _____ <input type="checkbox"/> Large <input type="checkbox"/> Soup <input type="checkbox"/> Broth <input type="checkbox"/> Steam Chicken Aurora <input type="checkbox"/> Beef Jardiniere <input type="checkbox"/> Fricassee of Brains <input type="checkbox"/> Cold Collation <input type="checkbox"/> Mayonnaise	Thursday Ward _____ <input type="checkbox"/> Medium <input type="checkbox"/> Vegetables in season <input type="checkbox"/> Side salad <input type="checkbox"/> Assorted sandwiches	W2 Room _____ <input type="checkbox"/> Small <input type="checkbox"/> Steamed Date <input type="checkbox"/> Pudding and Sauce <input type="checkbox"/> Cream of Macaroni <input type="checkbox"/> Stewed Fruit <input type="checkbox"/> Jelly <input type="checkbox"/> Ice Cream <input type="checkbox"/> Fresh Fruit <input type="checkbox"/> Biscuits and Cheese <input type="checkbox"/> Tea <input type="checkbox"/> B <input type="checkbox"/> W <input type="checkbox"/> Coffee <input type="checkbox"/> B <input type="checkbox"/> W
Afternoon Tea Surname _____ Ward _____ Room _____ <input type="checkbox"/> Scones <input type="checkbox"/> Biscuits <input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Milk <input type="checkbox"/> Raw Fruit <input type="checkbox"/> Sugar		

UTTERLY's

Menu ..February-March

Entrées

Soup of the day ... a soup prepared from fresh, local produce	\$6.50
Caesar Salad with smoked chicken	\$9.00
Wooli river oysters ... natural	\$16.50 (1/2 dozen \$9.00)
Kilpatrick or Mornay	\$18.00 (1/2 dozen \$11.00)
Warm prawn and avocado salad ... fresh Clarence river prawns, tossed in a garlic, ginger and fresh coriander dressing, with local avocado salad	\$12.50
Tasmanian brie cheese, crusted with Hazelnuts, deep-fried with a Cumberland sauce ..	\$12.50
Buckwheat pancakes with smoked salmon, dill creme fraise	\$13.00

Mains

Fish of the day ... please inquire as to today's catch	market price
Fillet Mignon accompanied by a wild mushroom, almond and port glaze	\$23.50
Spatchcock, filled with saffron and wild rice, with a roasted capsicum sauce	\$19.50
Prime rump, cooked to your liking, with mushroom, pepper or Bernaise sauce	\$18.50
Veal medallions, pan fried and topped with king prawns, accompanied by a Tarragon, white wine and cream sauce	\$19.75
Seafood Magnifique' ... grilled Cajun fish, lemon pepper prawn cutlets, sesame calamari rings and fresh local oysters with hot garlic scallops (and seasonal specialties when available)	\$28.50

All main courses are served with seasonal vegetables

Salads and vegetarian dishes available upon request

UTTERLEY'S exclusive garlic or herb bread	\$2.75
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Special Function Menu

UTTERLY'S

The management and staff sincerely trust you enjoy your dining experience,
and wish you a very romantic

Valentines Day

Entrées

Caesar Salad with smoked chicken

Fried camembert in a hazelnut crust, served on a wild berry coulis

Festival of Oysters

Bon-bon fruit'de mere

Mains

Grilled Barramundi, with a sun dried tomato Bernaise sauce

Spatchcock (whole baby chicken) scented rice seasoning, roast capsicum sauce

Port Cordon bleu, Dijon mustard, cream and vermouth sauce

Eye fillet of beef, wild mushroom, almond, and port glaze

Desserts

Utterley's sensational mud cake with raspberry coulis

Strawberry crepes in Grand Marnier cream

Lychee and ginger barvois, kiwi fruit puree

Table 'd'hôte menu

UTTERLY's

Fixed price menu\$28.00

(includes one entree, one main course and a dessert)

Entrées

Soup of the day

Cocktail of Clarence River prawns

Main course

Grilled fish of the day with a mango salsa and chive vinaigrette

T-bone Or Rump steak with a peppercorn, mushroom or Bernaise sauce

Chicken breast, stuffed with Brie cheese and avocado, grilled and served with a grain mustard Hollandaise sauce

Dessert

Your choice of any of Sean's delectable desserts



ACTIVITY

The Menu

1) Name the four types of menus

- a) _____
- b) _____
- c) _____
- d) _____

2) Write which type of menu the following are:

a) Menu for a special occasion.

b) Menu that repeats dishes in a set cycle.

c) Courses are individually listed and priced.

d) Set menu for a set price.

- 3) In the table below write the type of menu/s you might find at the different types of hospitality establishments.

Establishment	Menu
Restaurant	à la carte
Hospital	
Hotel	
Wedding reception house	
Café	
Jail	
5 star Restaurant	

Presentation of Food

Presentation Rules

- Hot food should be hot.
- Cold food should be cold.
- Wipe up spills and drips from plates.
- Use a garnish to make the food look good.
- Trim food to make it tidy.
- Add the garnish at the last minute.
- Do not overfill the plate.
- Choose serving dishes that look good.
- Place different colours next to one another.
- Food should be the colour it is – eg beans bright green.

Choosing Plates

- The types of plates used should make the food look great.
- Plates are often white to make a contrast colour to the food.
- Fish is traditionally served on an oval plate.
- Entrée plates are often smaller than the main meal plate.
- Dessert or soup bowls and entrée plates often sit on a dinner plate.

Soups

- Hot soup should be hot.
- Cold soup should be served chilled.
- Do not overfill as spillage can occur.
- Garnish the soup and make sure it does not overflow.

Entrees

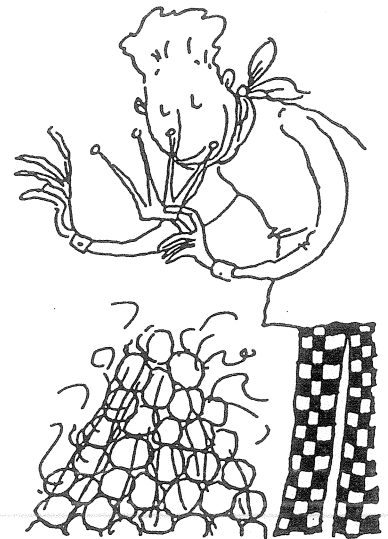
- Provide the customers first impression so they must look good.
- Should be plated on the correct size and shape plate.
- Garnished appropriately.

Main Courses

- Use the correct size plate.
- Strain vegetables carefully so there is no excess liquid on the plate.
- Drain excess oil from food on paper.
- Wipe up drips and spills.
- The temperature of the plate should suit the dish being served hot dish – hot plate, cold dish – chilled plate.

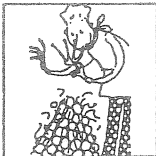
Desserts

- Use an appropriate serving dish.
- Take care that ice cream and custard is the right amount.
- Avoid drips and spills.
- Make sure hot is hot and cold is cold.
- Pies and tarts need to be cut carefully to avoid crumbling.



Buffet

- Arrange buffet around a focal point such as a fruit or vegetable display.
- Serving dishes should suit the theme.
- Do not overload the platters.
- Platters should be easy to serve from.
- Garnish so that the platters still look good even after some serving.
- Have the appropriate serving equipment. eg ladle for soup.



ACTIVITY

PRESENTATION OF FOOD

- 1) Using the words listed below to complete the following sentences about presenting food.

hot	spills	garnish	cold
colour	minute	serving	overflow

- a) Hot food should be h_____.
- b) Cold food should be c_____.
- c) Wipe up s_____ from plate.
- d) Use g_____ to enhance the food.
- e) Add garnish at last m_____.
- f) Do not o_____ the plate.
- g) Choose s_____ dishes that look good.
- h) Use c_____ wisely.

- 2) Make a list of as many different types and sizes of crockery that you can think of.

- 3) On a large piece of paper or cardboard make a collage of well presented dishes.

Sauces as a Garnish

Sauces are thickened liquids.

They are used to:

- add flavour
- enhance appearance
- give contrast to food
- add colour
- add or reduce richness of food
- coat food.

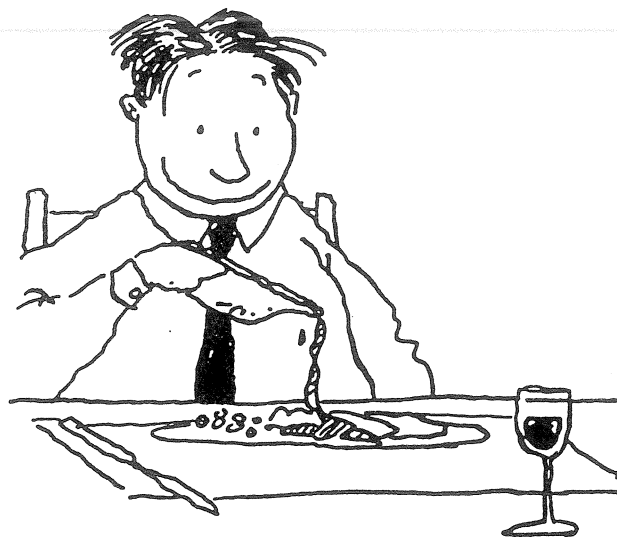
Food can be served in a sauce such as a stew. Sauces can be served separately in a jug or sauce boat or small bowl.

Putting Sauce on the Plate

Sauces should be put on a plate in a way that makes the food look better.

It should be in the right place, for example on the meat but not the potato, not dripped on the edge.

Dessert sauces are sometimes arranged in a decorative pattern.





Sauces as a Garnish

1) What is a sauce?

2) What are the six things sauces can be used to do?

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

3) Name three savoury sauces

a) _____

b) _____

c) _____

4) Name three sweet sauces

a) _____

b) _____

c) _____

5) Write down a recipe for a sauce

Garnishing Food

Appearance and taste are two factors that influence how people react to meals. Garnishes can be used to improve the appearance of food.

Garnishes should be:

- simple
- neat
- tasteful.

Standard recipes will give ideas for garnishing a dish, eg lemon twists and parsley sprigs with the fish.

Garnishes can add:

interest, eg paprika around the edge of the plate

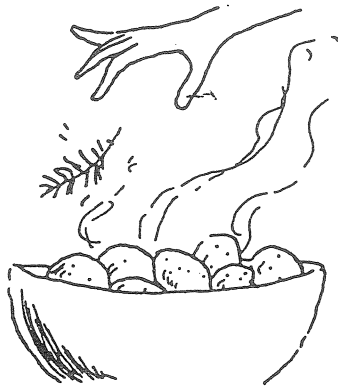
colour and contrast, eg parsley on white sauce

texture, eg croutons on soup

contrasting shape, eg lemon twists on fish

taste to bland food, eg cheese on pasta dishes

tradition, eg mint sauce with lamb.





ACTIVITY

Garnishing Food

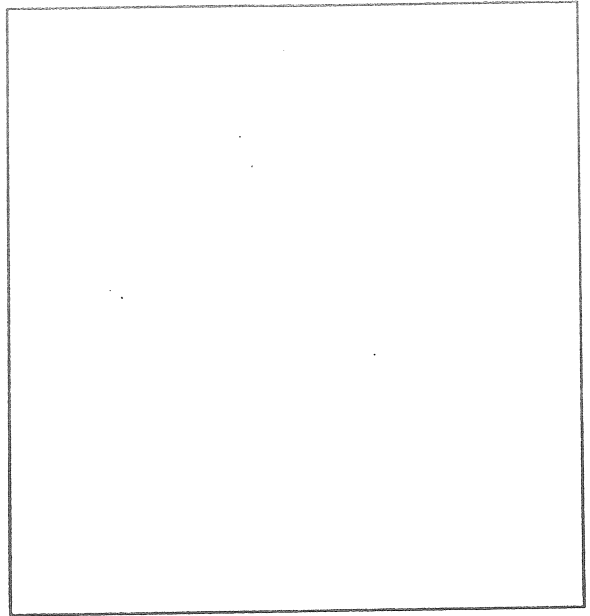
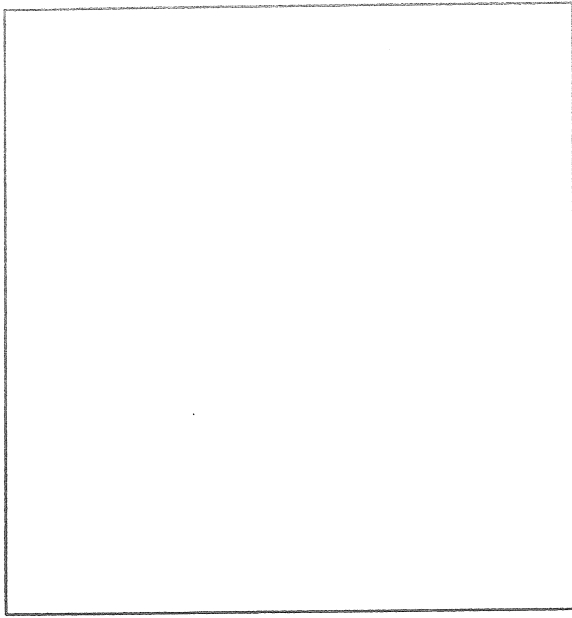
1) What is a garnish?

2) Name six garnishes that can be used in food presentation.

3) Give six reasons for using a garnish.

a) _____
b) _____
c) _____
d) _____
e) _____
f) _____

4) Draw and label your two favourite garnishes.



Traditional Roast Meat Accompaniments

Beef

Yorkshire pudding, horseradish sauce or mustard, baked vegetables, thin brown gravy.

Lamb

Mint sauce, new potatoes, thin brown gravy.

Veal

Bacon rolls, veal forcemeat, lemon slices, thick brown gravy.

Pork

Apple sauce, sage and onion stuffing, baked potatoes, thick brown gravy.

Chicken

Veal force-meat. Bacon rolls. Bread sauce. Thin gravy.

Roast turkey

Stuffing of chestnuts, sausage-meat or veal force-meat. Bacon rolls. Cranberry sauce. Thick gravy.



Traditional Roast Meat Accompaniments

- 1) Finish the table for traditional roast meat accompaniments.

FOOD		ACCOMPANIMENTS
	←	Mint Sauce
Pork	→	
Veal	→	
	←	Bacon Roll
Beef	→	

- 2) Find a recipe for yorkshire pudding or a non-traditional stuffing for turkey and write it down below.

Portion Control

Portion control makes the size and amount of food each customer gets the same.

Portion Control is important as:

- the chef knows what and how much food to order.
- work out how much the dish on the menu costs.
- each customer gets the same amount of food.

Recipes as portion control

Most establishments use a standard recipe, this gives the number of portions a recipe will make. They also often have the portion size for the accompanying vegetable and sauce.

Portion control equipment

- ladles for soups and sauces
- ice cream scoop for ice cream, mashed potato and pumpkin
- slotted spoon for small vegetables
- individual moulds for desserts, quiche mouse etc
- cake divider – cuts cakes, pies etc into serve portions.
- scales where you can weigh meat, fish before cooking.
- dispensers that gives restricted amount. eg. flavourings.

PORTION SIZE

Portion size depends on the:

- *number of courses to be served*, for example if three courses are to be served the serves may be smaller.
- *size of crockery*, for example entree plates are smaller therefore serves are smaller.
- *type of establishment*, for example hospital where all meals for a day are provided are often smaller.
- *cost of the ingredients*, for example expensive cuts of meat are often smaller.



Portion Control

1) What does portion control do?

2) Give three reasons why portion control is important?

a) _____

b) _____

c) _____

2) How can a standard recipe help with portion control?

3) Match the piece of equipment with the type of food it is used to portion.

ladle

ice cream, mashed potato and pumpkin

ice cream scoop

small vegetables

slotted spoon

ice cream flavouring

individual moulds

cuts cakes and pies into portions

cake divider

soups and sauces

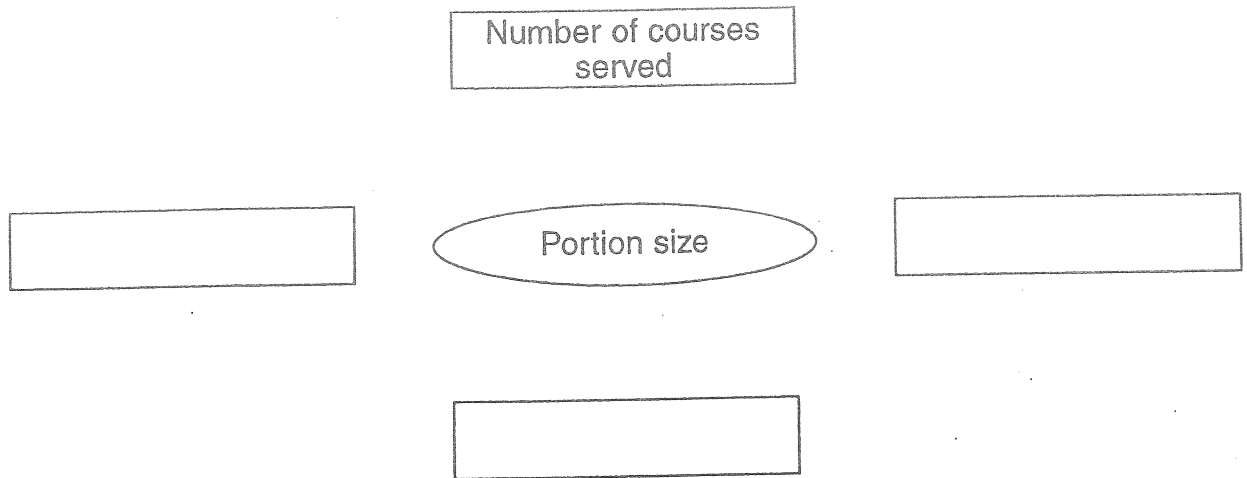
scales

desserts, quiche mouse etc

dispenser

used to weigh meat, fish

- 4) The size of the portion of food served will depend on four things. Write down what they are. The first one has been done.



- 5) A four course meal is being served at a banquet. Will the portion sizes be larger or smaller than for a two-course meal? Explain your answer.

The portions will probably be bigger / smaller because

- 6) If using an expensive cut of meat like fillet steak will the portion be larger or smaller than a much cheaper cut of meat?

The portion will probably be bigger / smaller because

The Importance of Teamwork

Teamwork will help workers keep the usual standard of service to customers even during the busiest times. It will also help the workers to be calm and not feel over-stressed.

Good teamwork at the food presentation stage is important if the customer is to receive food that tastes good, looks good and is of the correct temperature.

Attributes of a good team member

A good team member can:

- communicate
- work hard and help others
- organise
- be well prepared
- give and take
- accept advice and constructive criticism.

A combination of teamwork and good workflow will help a kitchen to run efficiently. Kitchen workers should:

- **Combine tasks**

For example peel all the vegetables that can be peeled at the same time.

- **Economise movement**

For example if getting spice from dry stores return the flour.

- **Organise in advance**

For example have as much food prepared in advance as is possible.

- **Simplify tasks**

For example use a mechanical potato peeler if the establishment uses lots of potatoes.

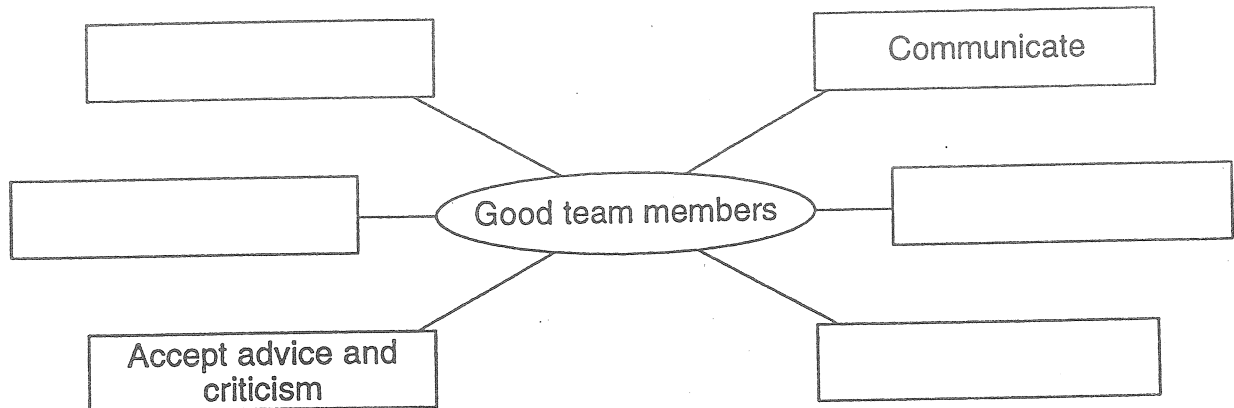
- **Turn up for work when rostered on**

Reliable workers turn up for work unless illness or a major family crisis occurs. If someone does not turn up for work it means more work for the others.



The Importance of Teamwork

1) List the attributes of a good team member



2) List some examples for the following teamwork and good workflow strategies.

Combine tasks	
Economise movement	
Organise in advance	
Simplify tasks	
Turn up for work when rostered on	